

Exercise Class Timetable

Sport and Active Health

Accurate as of 07/06/2026

Times for Saturday 16 May



Time	Session	Facility	Instructor
08:50 - 09:35	Sleek Physique	Studio 1	Gillian
09:00 - 09:45	Pilates	Studio 2	Cecile
09:50 - 10:20	Wattbike Workout	Studio 3	Gillian
10:00 - 11:00	Slow Flow Yoga	Studio 2	Hannah